Caldicot Fitness Class Timetable

Caldicot Leisure Centre

Accurate as of 03/11/2026

Times for Tuesday 3 November

Time	Session	Facility	Level
07:00 - 07:30	VIRTUAL - LES MILLS SPRINT	Dance Studio	Advanced
09:30 - 10:25	Kettlebells	Dance Studio	All
10:45 - 11:40	FIT 4 Life Easyline	Dance Studio	All
10:45 - 11:40	F4L Dance	Dance Studio	All
12:00 - 12:55	Tai Chi	Dance Studio	All
12:15 - 12:45	VIRTUAL - LES MILLS SPRINT	Advance Fitness Suite	All
13:00 - 13:55	FIT 4 Life Easyline	Dance Studio	All
18:00 - 18:30	LES MILLS Sprint	Dance Studio	All
18:00 - 18:55	LES MILLS Body Combat	Main Hall	All
18:00 - 18:55	Yoga	Dance Studio	All
18:45 - 19:15	LES MILLS Sprint	Advance Fitness Suite	All
19:15 - 20:10	LES MILLS Body Balance	Dance Studio	All